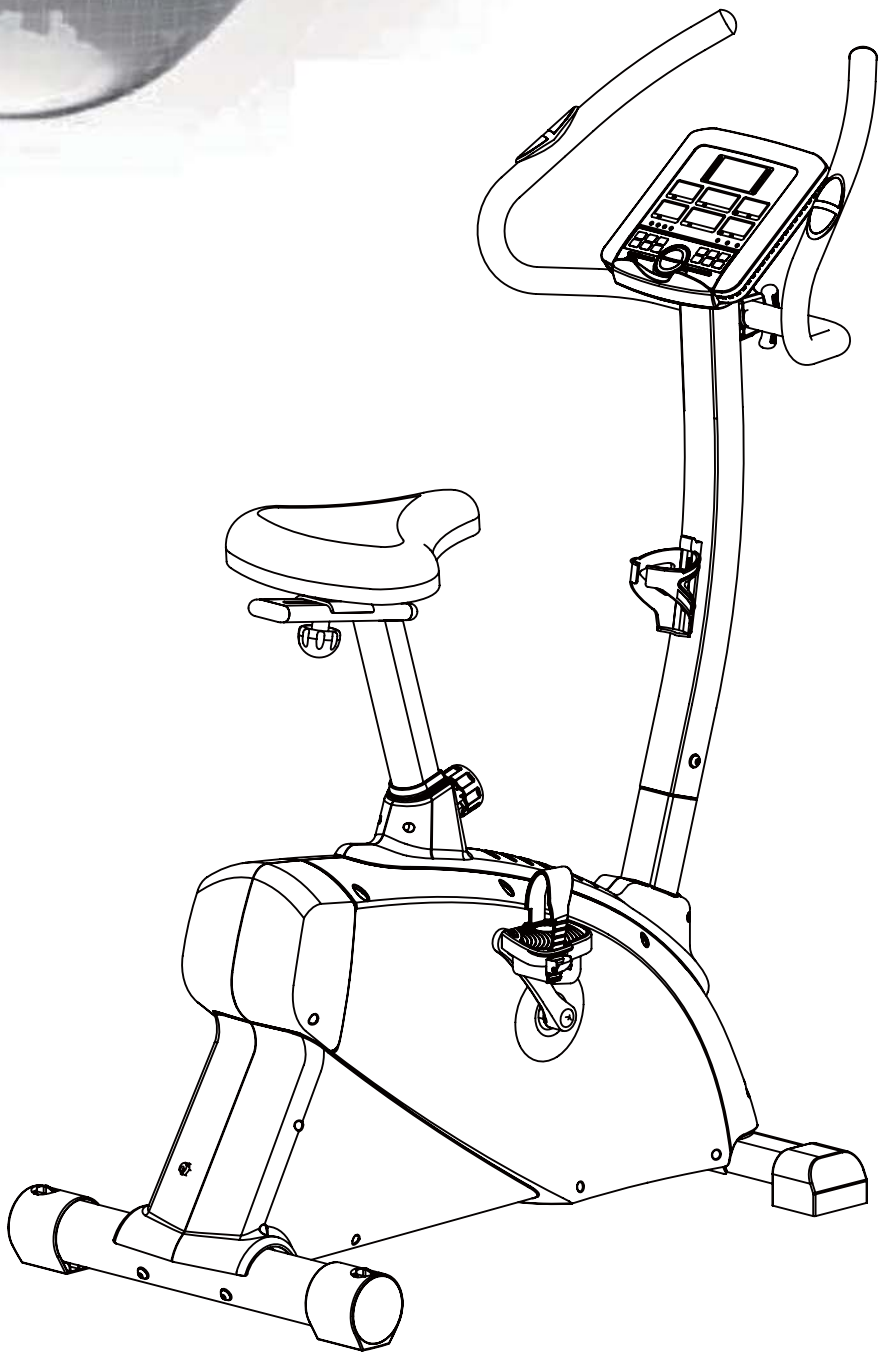
Healthstream

Make it happen

HS12.5BK



User's Manual

If you have any questions , please contact The Fitness Generation, +61 (03) 9765 9999.

Free call number 1300 796 636

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SAFETY HINTS

WARNING - Read all instructions before using this appliance.

- Do not operate machine on deeply padded, plush or shag carpet. Damage to both carpet and machine may result.

- Keep children away from the machine. There are obvious pinch points and other caution areas that can cause harm.

- Keep hands away from all moving parts.

- Never operate the machine if it has a damaged cord or plug. If the machine is not working properly, call your dealer.

- Keep the cord away from heated surfaces.

- Never drop or insert any object into any openings.

- Do not use outdoors.

- The pulse sensors are not medical devices. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensors are intended only as exercise aids in determining heart rate trends in general.

- Wear proper shoes. High heels, dress shoes, sandals or bare feet are not suitable for use on your machine. Quality athletic shoes are recommended to avoid leg fatigue.

- Instructions for assembly, including correct fitting of guards and other safety devices, and warning about the likely injuries to young children if exercies cycles are operated in their vicinity without properly fitted guards.

- Instructions for maintenance, including regular checking of the integrity of guards and safety devices.

- Instructions for the correct adjustment of the seat.

SAVE THESE INSTRUCTIONS - THINK SAFETY!

CAUTION!! Please be careful when opening this unit.

HS12.5BK

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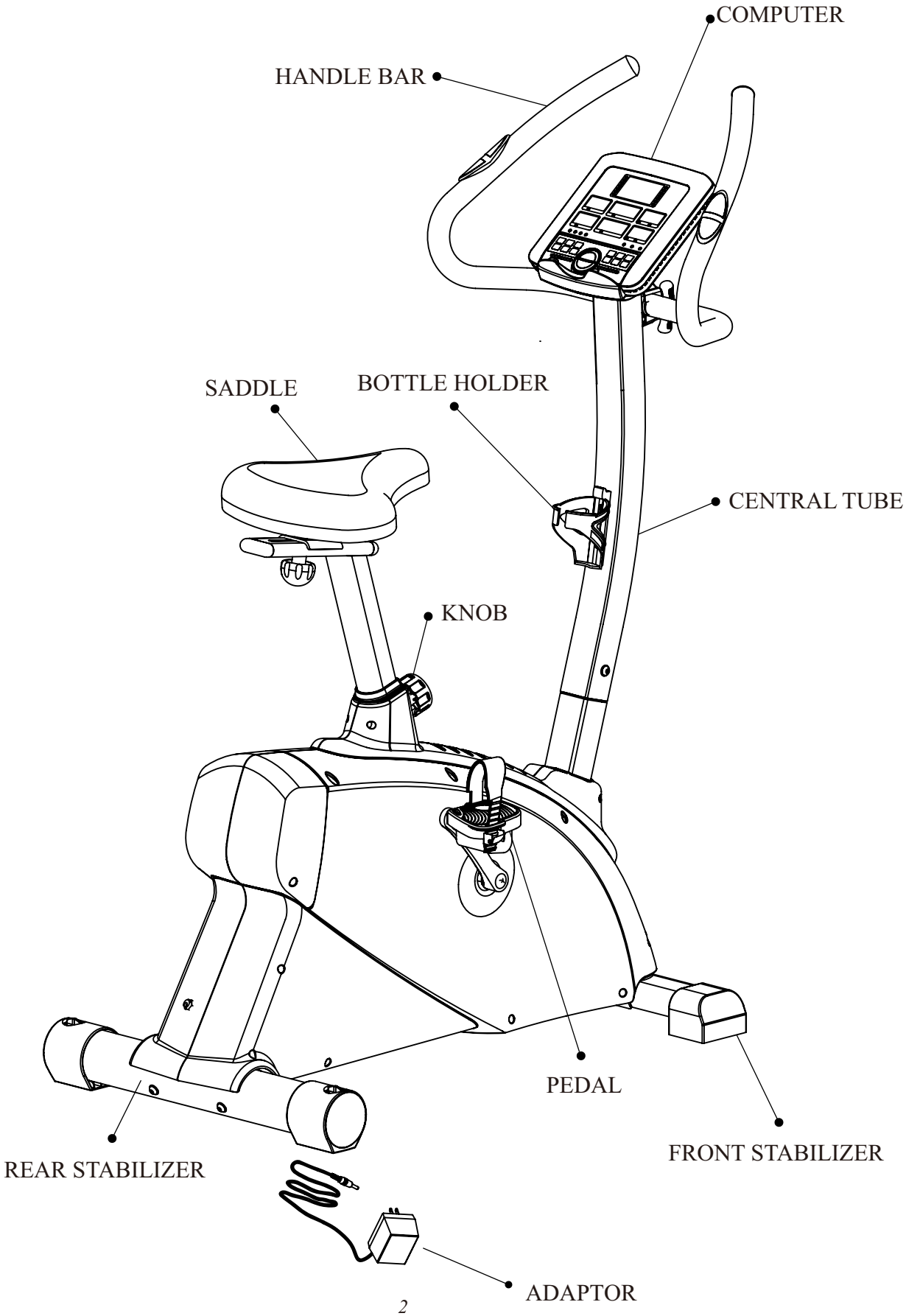

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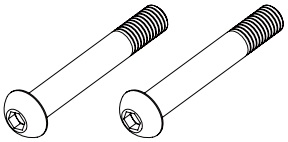
ASSEMBLY PACK CHECK LIST

FIGURE 1

(L1) SCREW-M8x55L



(L2) WASHER-M8x1.5T

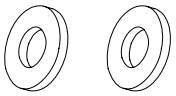
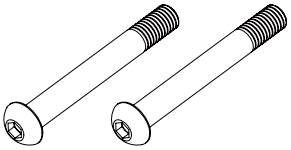


FIGURE 2

(L3) SCREW-M8x90L



(L4) WAVE WASHER-M8

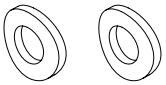
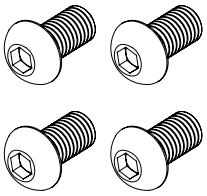


FIGURE 3

(L5) SCREW-M8x16L



(L2) WASHER-M8x1.5T

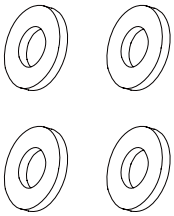
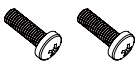
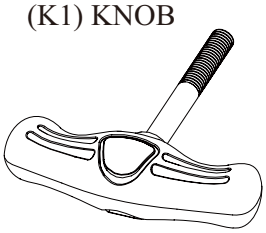


FIGURE 4

(L6) SCREW-M5x20L



(K1) KNOB

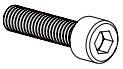


(K2) BUSH

(K4) WASHER-M7

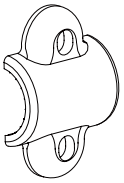
(K3) SPRING WASHER-M7

(K5) SCREW-M7x30L



(K6) WASHER-M7

(K7) BRACKET



(K8) HANDLE BAR DECORATION COVER

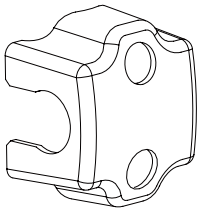
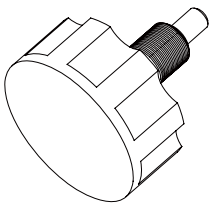
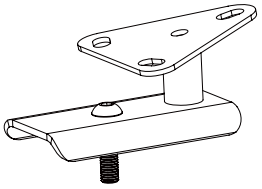


FIGURE 5

(E1) SADDLE TUBE KNOB

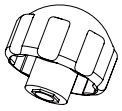


(H1) SEAT BASEMENT



(H2) WASHER-M10

(H3) KNOB



(L7) NUT-M8

(L8) WASHER-M8x2T

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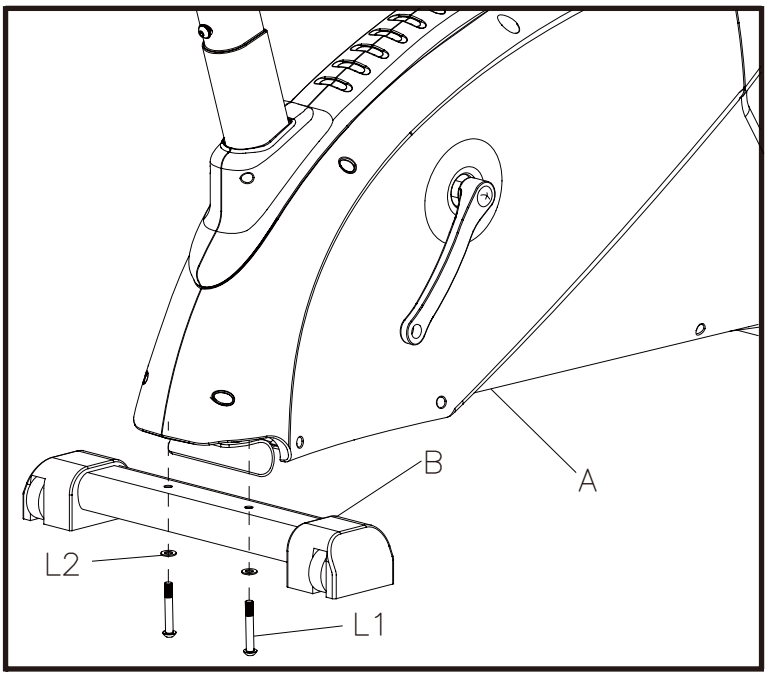

FIGURE_1 ASSEMBLY FOR FRONT STABILIZER

Fix the front stabilizer (B) with the main frame(A) by screws(L1), and washers(L2).

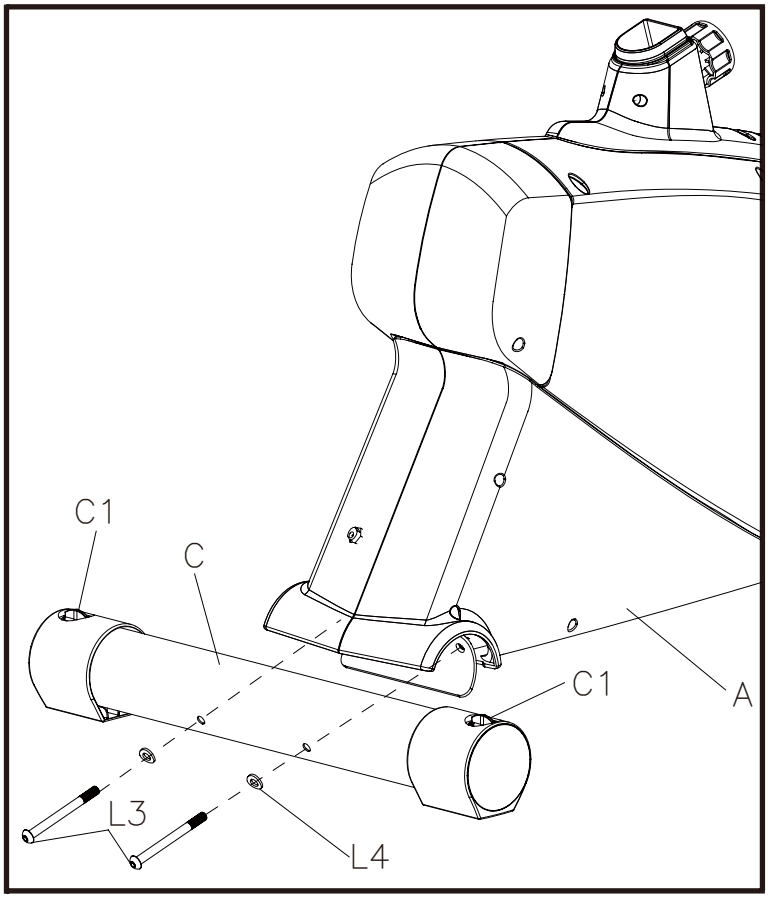

FIGURE_2 ASSEMBLY FOR REAR STABILIZER

Fix the rear stabilizer (C) with the main frame(A) by screws(L3), and wave washers(L4).

** After you finish assembly (Figure 1 & Figure 2), if the machine can't be stand stable, you can use adjusted-end(C1) to adjust the machine.

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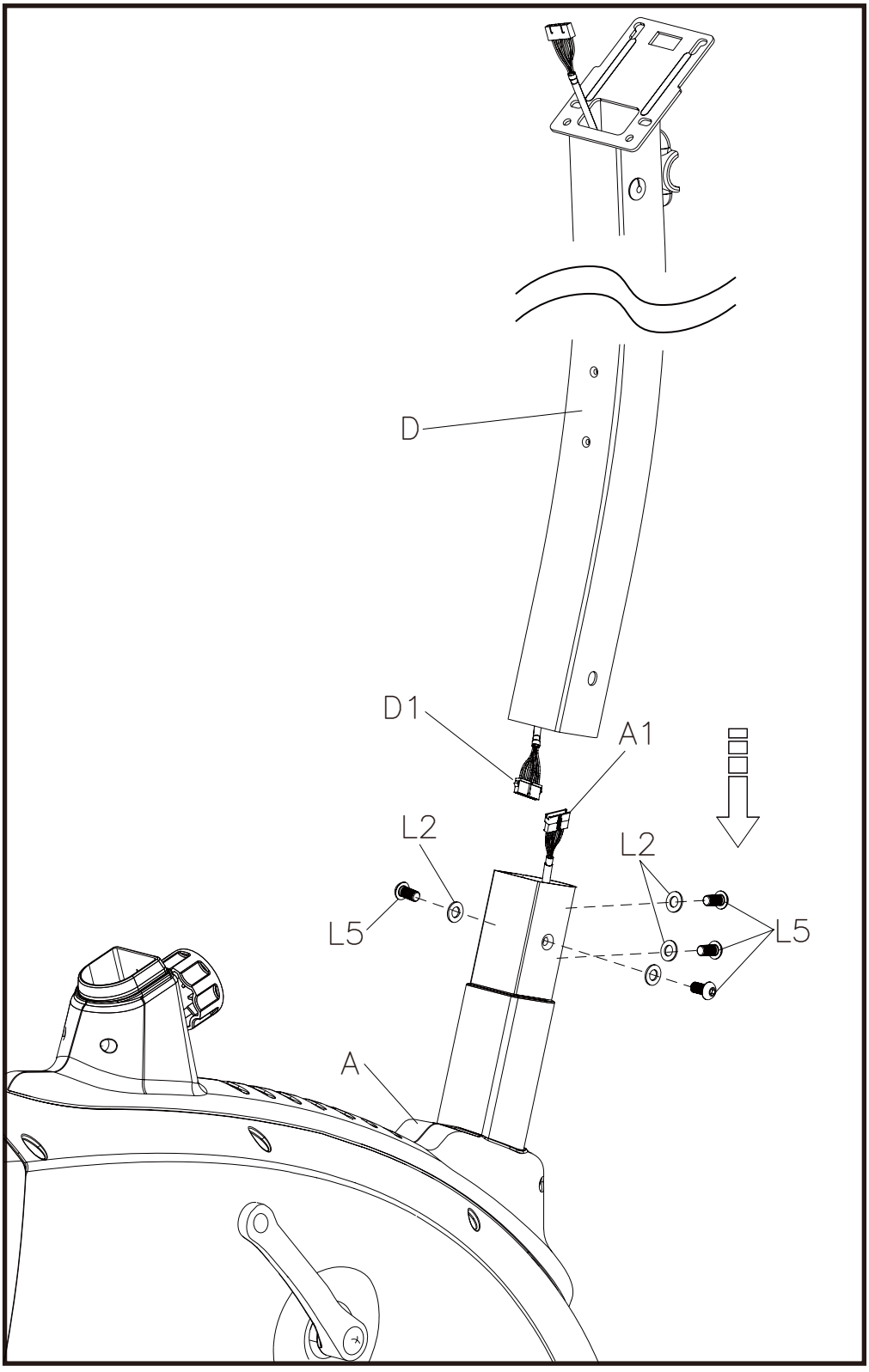

FIGURE_3 ASSEMBLY FOR CENTRAL SUPPORT TUBE

Step 1. Remove the four preinstalled screws(L5),and washers(L2).

Step 2. Connected well the sensor wire(A1) and computer wire(D1).

Step 3.Assemble support tube(D) with the main frame(A) by screws(L5),and washers(L2).

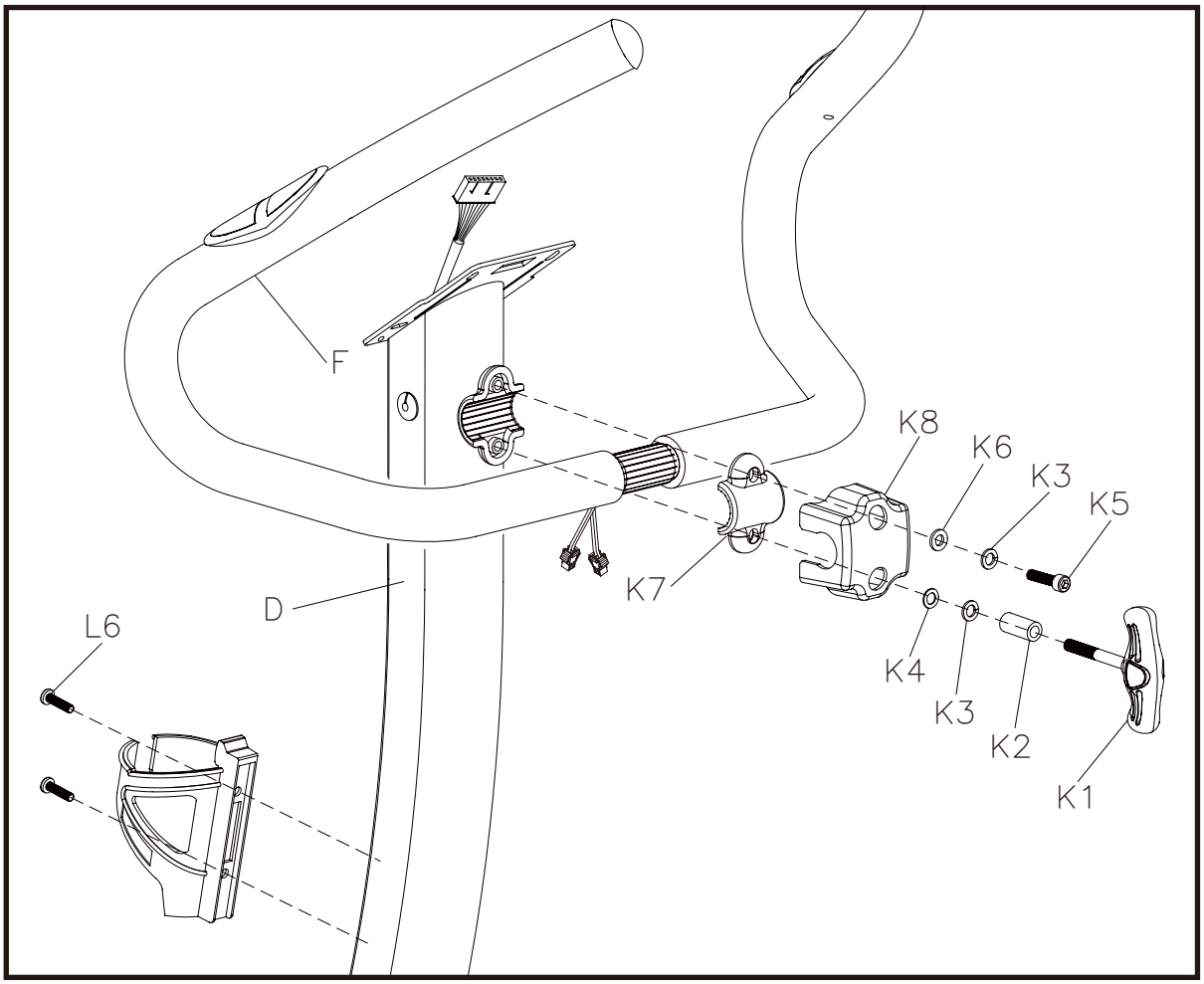

FIGURE_4 ASSEMBLY THE HANDLE BAR & BOTTLE HOLDER

Step 1.
Insert the handle bar(F) into the handle bar holder on the central tube(D).
Step 2.
Equip the handle bar(F) by the screw(K5),spring washer(K3),washer(K6),bracket(K7), and the decoration cover(K8) to the up side nut. Then equip by knob(K1),bush(K2), spring washer(K3),and washer(K4) to the down side nut.

Step 3.
Remove the two preinstalled screws(L6).
Step 4.
Assemble the bottle holder(H4) with the main frame(A) by screws(L6).

Attention:
Please make sure the knob (K1) and the screw(K5) are turning tightly to avoid user falling down.

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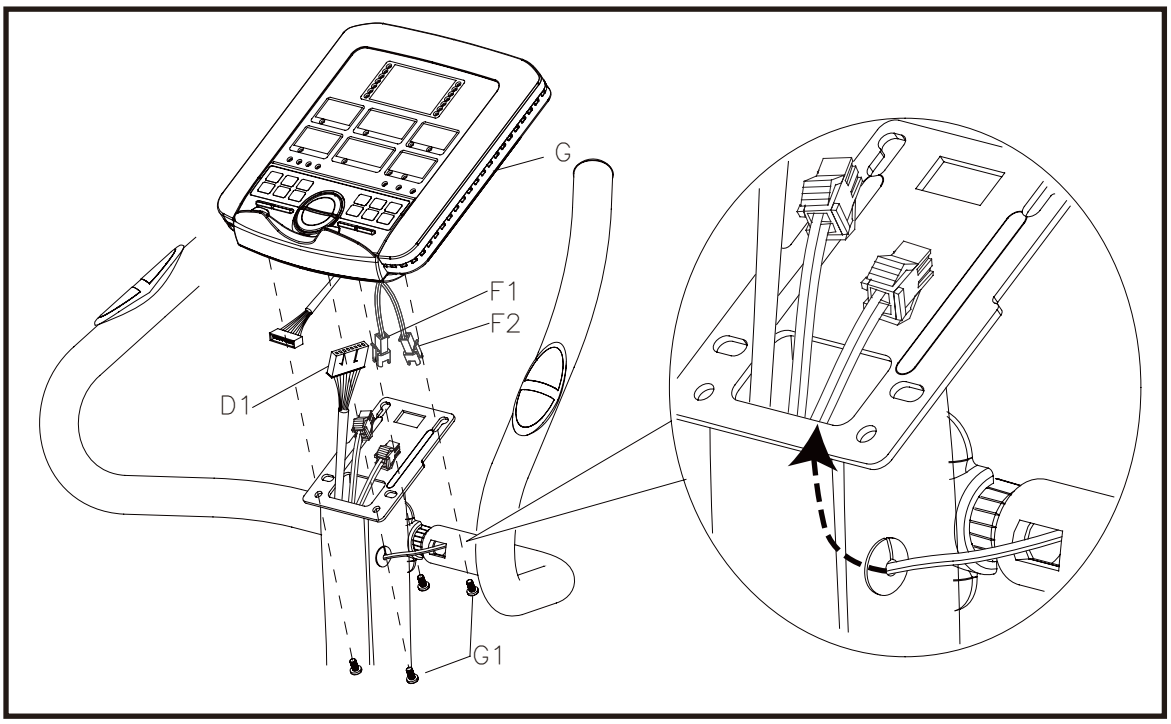

FIGURE_5 ASSEMBLY THE COMPUTER

Step 1.
Equip the hand pulse sensor(F1&F2) through the central tube(D) as the picture shown.

Step 2.
Remove the four preinstalled screw(G1) from the console(G).

Step 3.
Connected the sensor wire(D1) and the hand pulse sensor(F1&F2) with the console(G).

Step 4.
Fix the console (G) onto the central supporting tube (D) by using the four screws (G1).

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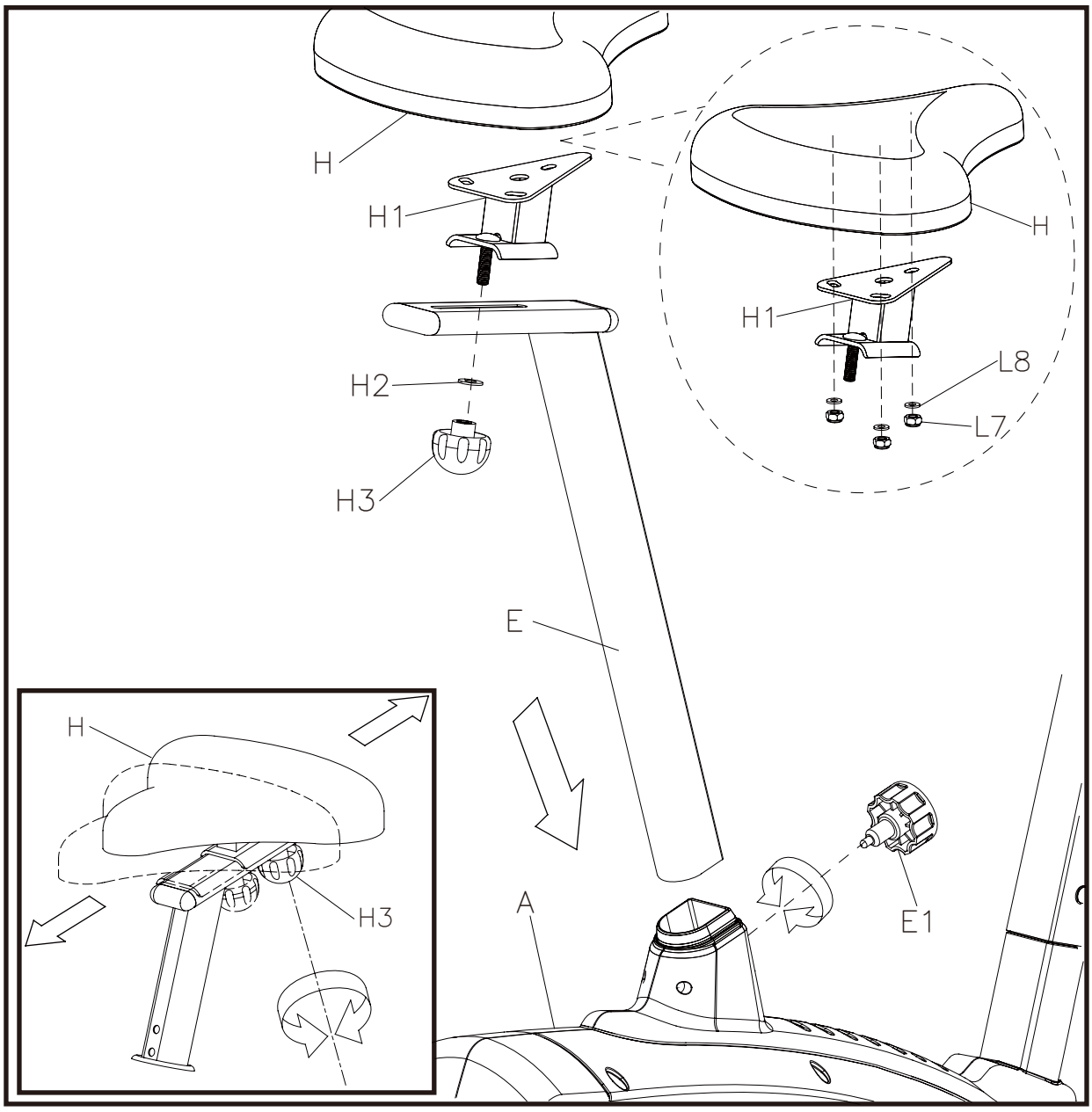

FIGURE_6 ASSEMBLY SADDLE SUPPORT TUBE & SADDLE WITH MAIN FRAME

Step 1.
Insert the saddle support tube(E) into the main frame(A).Then turn the knob(E1) into the main frame(A) after the saddle support tube is equipped appropriately.Please make sure the knob has been equipped exactly into the adjusting hole of the saddle support tube(E).

Step 2.
Equip the saddle (H) with the saddle basement(H1) by washer (L8) and nut (L7).

Step 3.
Equip the saddle basement(H1) with the saddle tube(E) by washer(H2),and knob(H3) as the picture shown.

ADJUST THE SADDLE
Loosen the saddle adjustment knob(H3) and move the saddle until it is at a comfortable distance. Tighten the saddle adjustment knob(H3) to lock the saddle basement(H1).

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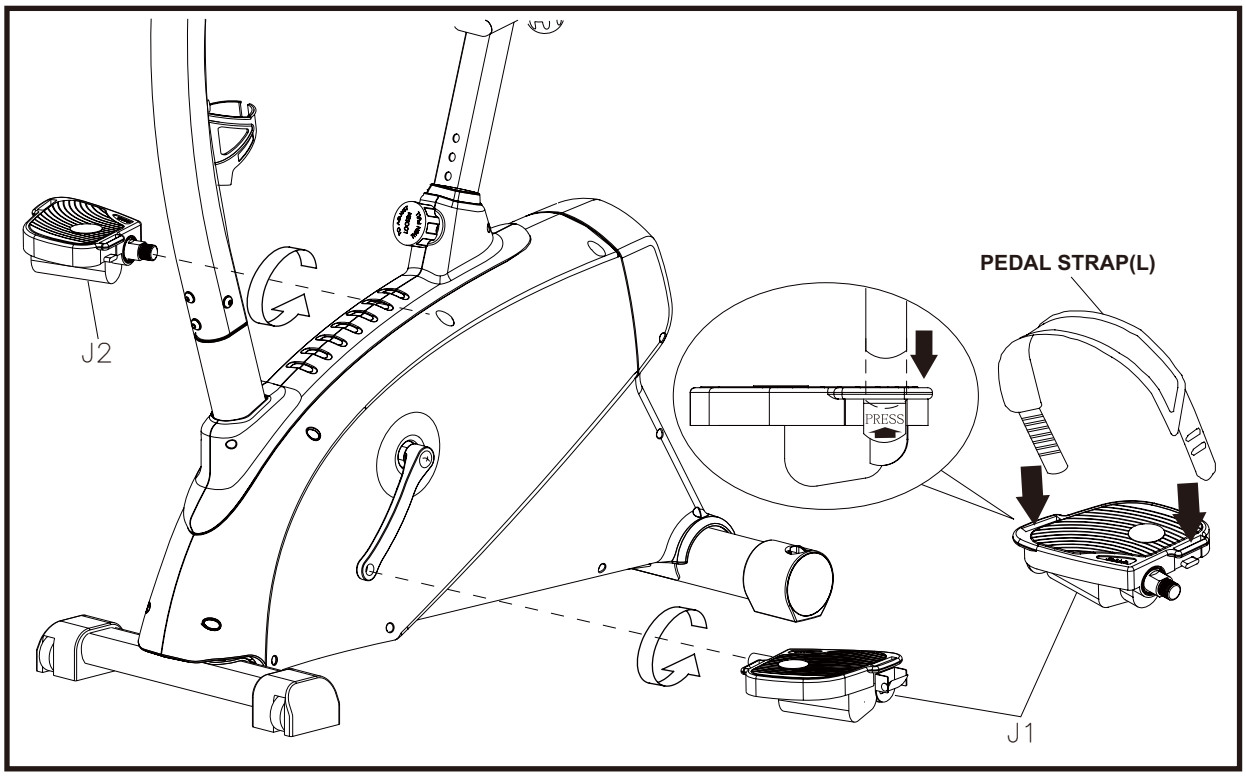

FIGURE_7 ASSEMBLY PEDAL WITH MAIN FRAME

Step 1.Equip the left pedal(J1) with the crank by anti-clockwise direction.

Step 2.Equip the right pedal(J2) with the crank by clockwise direction.

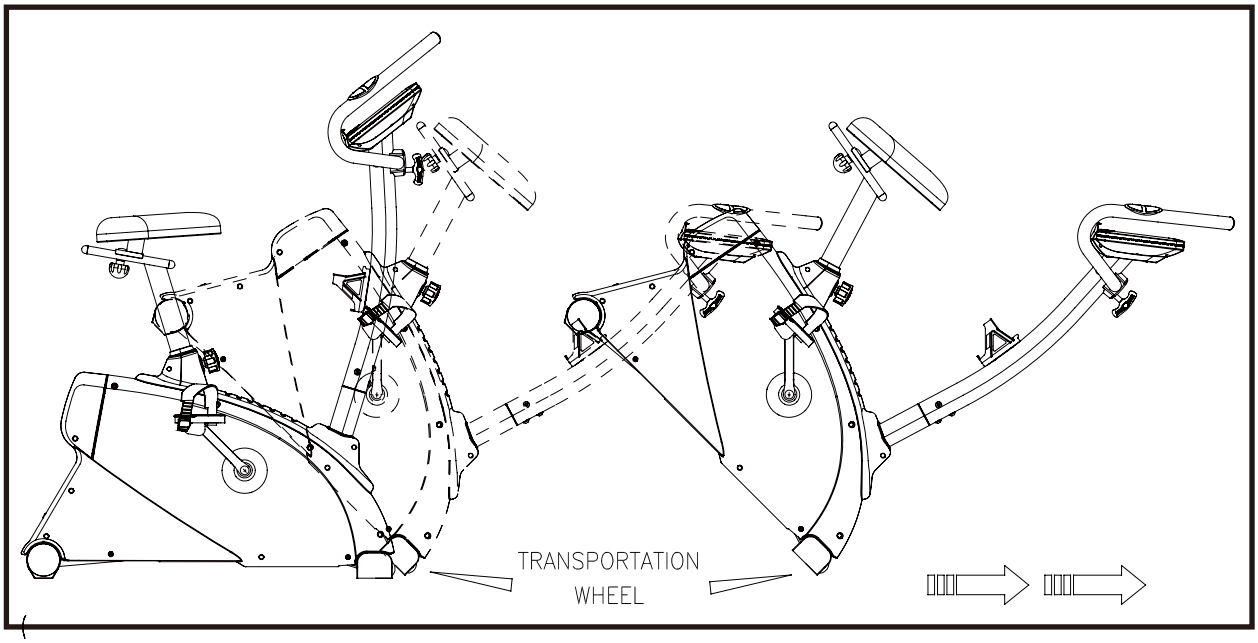

FIGURE_8 HOW TO MOVE MACHINE

Step 1. Hold the handle bar and push down the handle bar.

Step 2. You can move the machine easily by the transportation wheel on the front stabilizer.

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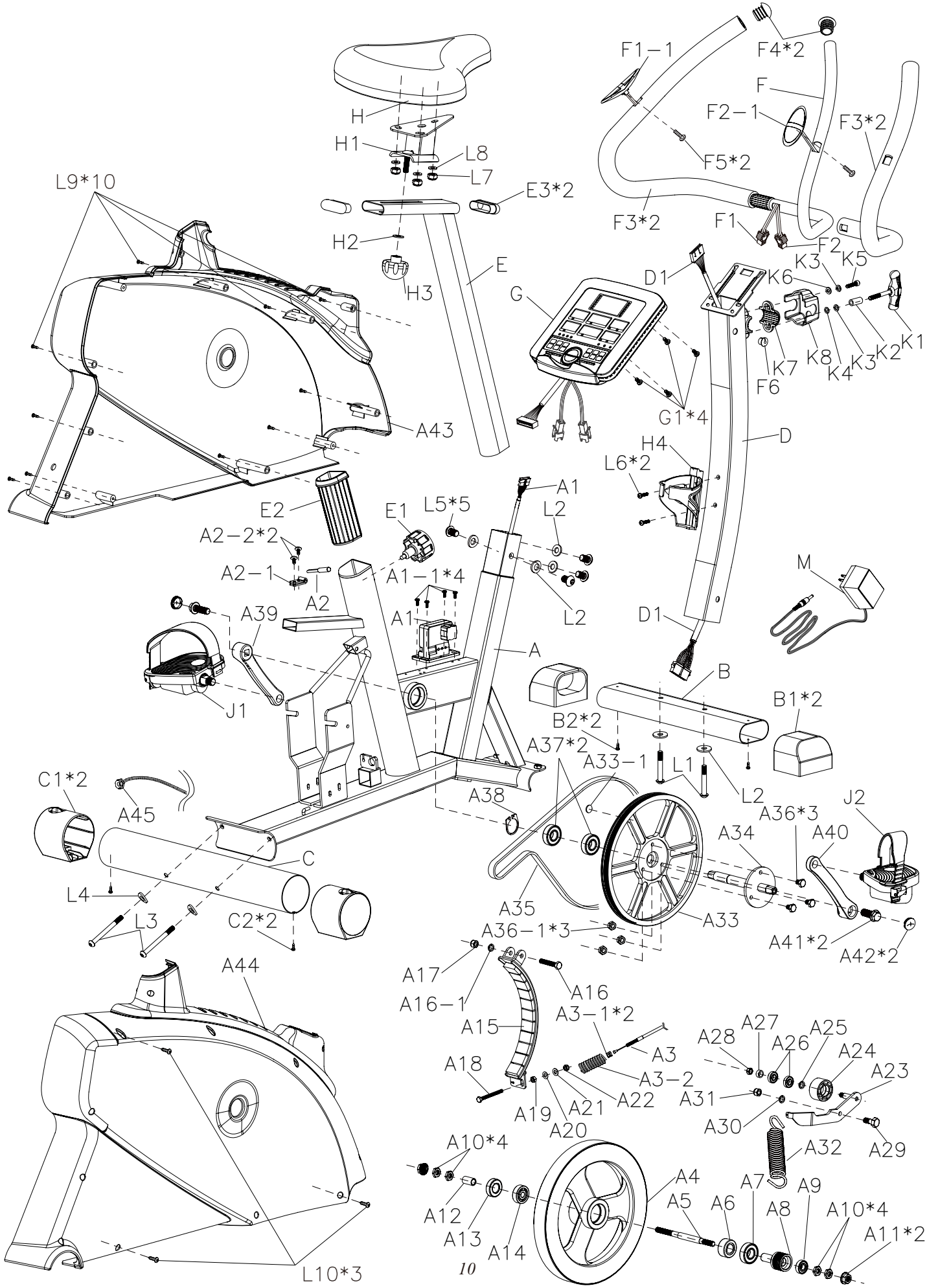

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P/N	DESCRIPTION	QTY	P/N	DESCRIPTION	QTY
A	MAIN FRAME	1	A44	RIGHT CHAIN COVER	1
A1	MOTOR&WIRE 800mm	1	A45	DC LINE 900mm	1
A1-1	MOTOR SCREW	4	B	FRONT STABILIZER	1
A2	SENSOR WIRE 350mm	1	B1	END CAP	2
A2-1	SENSOR WIRE HOUSING	2	B2	SCREW	2
A2-2	SCREW	1	C	REAR STABILIZER	1
A3	TENSION CABLE	1	C1	END CAP	2
A3-1	TENSION CABLE NUT	2	C2	SCREW	2
A3-2	SPRING	1	D	CENTRAL TUBE	1
A4	FLYWHEEL	1	D1	SENSOR WIRE 750mm	1
A5	AXLE	1	E	SADDLE TUBE	1
A6	BEARING	1	E1	SADDLE TUBE KNOB	1
A7	BEARING 6203zz	1	E2	PLASTIC PIPE	1
A8	SINGLE-WAY BEARING	1	E3	SADDLE TUBE END CAP	2
A9	BEARING 6000zz	1	F	HANDLE BAR	1
A10	NUT M10x4.5T	4	F1	PULSE SENSOR WIRE 750mm	1
A11	FLANGE NUT M10	2	F1-1	HAND PULSE SENSOR	1
A12	BUSH M10x24T	1	F2	PULSE SENSOR WIRE 750mm	1
A13	BEARING 6003zz	1	F2-1	HAND PULSE SENSOR	1
A14	BEARING 6300zz	1	F3	SPONGE	2
A15	MAGNETIC HOUSING	1	F4	HANDLE BAR END CAP	2
A16	SCREW M8x45L	1	F5	SCREW M4x20L	2
A16-1	WASHER M8	1	F6	END CAP	1
A17	NUT M8	1	G	CONSOLE	1
A18	SCREW M6x60L	1	G1	CONSOLE SCREW	4
A19	NUT M8x5T	1	H	SADDLE	1
A20	WASHER M8x0.4T	1	H1	SEAT BASEMENT	1
A21	WASHER M8x1.2T	1	H2	WASHER	1
A22	NUT M8x6T	1	H3	KNOB	1
A23	PRESSING PLATE	1	H4	BOTTLE HOLDER	1
A24	PRESSING WHEEL	1	J1	LEFT PEDAL	1
A25	CONE WASHER M10	1	J2	RIGHT PEDAL	1
A26	BEARING 6900zz	2	K1	KNOB	1
A27	BUSH M10x6T	1	K2	BUSH	1
A28	NUT M10	1	K3	SPRING WASHER M7	2
A29	BOLT M8	1	K4	WASHER M7	1
A30	WASHER M8	1	K5	SCREW M7x30L	1
A31	NUT M8	1	K6	WASHER M7	1
A32	SPRING	1	K7	BRACKET	1
A33	DRIVING PULLY	1	K8	DECORATION COVER	1
A33-1	MAGNETIC	1	L1	SCREW M8X55L	2
A34	CRANK AXLE	1	L2	WASHER M8x1.5T	6
A35	BELT	1	L3	SCREW M8x90L	2
A36	SCREW M7x12L	3	L4	WAVE WASHER M8	2
A36-1	NUT M7	3	L5	SCREW M8X16L	4
A37	BEARING 6203zz	2	L6	SCREW M5X20L	2
A38	C-CLIP	1	L7	NUT M8	3
A39	LEFT CRANK	1	L8	WASHER M8	3
A40	RIGHT CRANK	1	L9	SCREW	10
A41	FLANGE BOLT	2	L10	SCREW	3
A42	CRANK END CAP	2	M	ADAPTOR	1
A43	LEFT CHAIN COVER	1			

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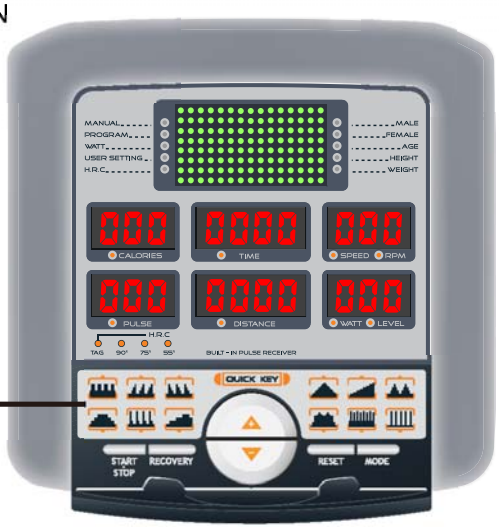
Monitor Instructions

1. FUNCTION IDENTIFICATION



12 Program Profiles Graph Key

Quick key of press 12 Program Profiles by pressing panel.

BUTTON FUNCTIONS :

START/STOP	To start or stop the training.
MODE	Confirm your selection.
UP/DOWN	Adjust function value by pressing two keys.

RESET	Reset default function value.
RECOVERY	The RECOVERY PROGRAM automatically evaluate your Fitness Level.

2. MODEL FUNCTION DESCRIPTION

TIME	: 0:00~99:59.
SPD	: 0.0~99.9 KMH
RPM	: 0~15~999
WATT DISPLAY	: 0~999
DISTANCE	: 0.00~99.99 KM.
CALORIES	: 0~9999
TEMPERATURE	: 0~60℃ / 32~99℉
GENDOR	: GIRL / BOY
AGE	: 10~25~99
HEIGHT	: 100~160~200 (CM) / 40~60~80 (INCH)
WEIGHT	: 20~50~150 (KG) / 40~100~350 (LB)
PULSE	: P~30~240
HEART SYMBOL	: ON/OFF blinks
MANUAL	: 1~16 levels
PROGRAMM	: P1~P12
WATT CONSTANT	: 10~350 WATTS
PERSONAL	: U1~U4
H.R.C	: 55%、75%、90%、IND (TARGET)
USER DATA	: U0 ~U4 (U1 ~ U4 memorized user data)

3. POWER ON

1. Plug in 6V 1A power Adaptor to right country socket and connect the I / L PIN to Fitness equipment.
2. When stay in U0~U4, only there is pulse input, then PULSE symbol on the right in window will operate to display automatically as per H.R.C.: If pulse maximum value is set, then the function cancel automatically.
3. Recovery：To test user's heart recovery extent in fixed time, time will be 1 minute.
4. User Data：5 groups for user setting U0~U4, every user can set gender、age、height and weight, however when power off or TOTAL RESET,U0 setting files will be cleaned and reset and U1-U4 setting values will be saved permanently.
5. USER SETTING VALUE MEMORY: setting files memory (TIME、DISTANCE、CALORIES、PULSE setting value)&the function setting value(set value which used last time or changed manual load set value: or PROGRAM PX(1-12)…Etc. it can only remember one of them. For instance: WATT CONSTANT SET VALUE: or PERSONAL program), U1~U4 fours groups altogether.

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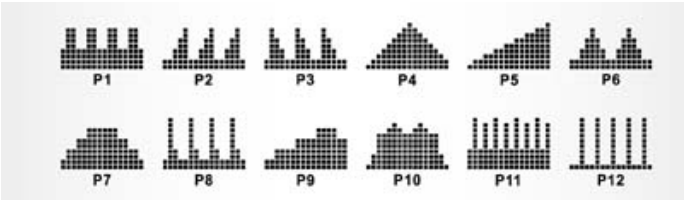
3.OPERATION

1. After power-on U1 by default but you can select any User Mode by turning the UP/DOWN knob the press the MODE key for confirmation. Thereafter, sex, age, height, weight and other personal information can changed top right display. please press MODE key for confirmation again.
2. Function Control display will flash indicating you can select the Programs P1-P12 by turning UP/DOWN knob and then press MODE key for confirmation. Any of the default values can be changed by pushing the MODE key until the desired display is flashing. Press the MODE key again for confirmation.
   When the Program and other protocols are entered press START/STOP key and begin your workout



3. WATT- press Mode-key for confirmation,WATT value will blink, now press ▲,▼KEY for adjustment
   WATT value, press Mode-key for confirmation and then press▲,▼KEY for setting Press START and begin to exercise after finish all functions'setting(I.e.TIME、DIST、CAL、PULSE), You can press▲, ▼KEY for adjusting Watt set value when exercise

4. PERSONAL- Regarding different user U1-U4, user could be set individual program file from this mode. press ▲,▼KEY for adjusting LOAD value and Mode-key for confirmation. press▲,▼KEY for setting. Press START and begin to exercise after finish all functions'setting(I.e.TIME、DIST、CAL、PULSE).

5. PULSE – User shall hold on the grip or puT on the chest belt, LCD show the user current heart rate value on pulse window and see the heart symbol blinking. You may preset target pulse before workout by pressing ▲,▼KEY for setting. The range is from 30 to 240 BPM. How to put on chest belt, please refer our Chest Belt user manual.

6. H.R.C.- display personal pulse 55% maximum value in PUL SE window, 55% symbol on the right blink Press▲,▼KEY for adjusting value(55%、75%、90%、IND(100%)
   i. 55% -- DIET PROGRAM
   ii. 75% -- HEALTH PROGRAM
   iii. 90% -- SPORTS PROGRAM
   iv. TARGET—USER SET TARGET HEART RATE

7. BUILT-IN Heart Rate Receiver with chest Belt :
   The computer with built-in Heart Rate receiver , the user can put on chest belt to detect the Heart Rate beat.;
   How to put on chest belt, please refer Chest Belt user manual.

8.12 Program Profiles Graph Key
Quick key of press 12 Program Profiles by pressing panel.

9. RECOVERY KEY
   a.Press the KEY after displaying of Pulse value, Only TIME and pulse are working under RECOVERY funciton,no display for any other functions, motor will go back to LOAD1。
   b.TIME display"1:00" and begin to count back(During this period, if no PULSE input, auto off time won't be influenced).
   The RECOVERY will determine your fitness level after your workout. When you have finished your workout press RECOVERY. For RECOVERY to function correctly it needs your Heart Rate input. TIME will countdown from 1 minute and then your fitness level from F1 to F6 will be displayed. NOTE; during RECOVERY no other displays will operate.

Score	Condition	Heart Rate Per Minute
F1	**Excellent**	75 - 80
F2	**Good**	85 - 90
F3	**Average**	95 - 115
F4	**Fair**	120 - 125
F5	**Poor**	130 - 135
F6	**Very Poor**	135+

If you have any questions , please contact The Fitness Generation, +61 (03) 9765 9999.
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AEROBIC EXERCISE

Aerobic exercise is any sustained activity that sends oxygen to your muscles via your heart and lungs. Aerobic exercise improves the fitness of your lungs and heart - your body's most important muscle. Aerobic exercise fitness is promoted by any activity that uses your large muscle -arms, legs, or buttock, for example. Your heart beats quickly and you breathe deeply. An aerobic exercise should be part of your entire exercise routine.

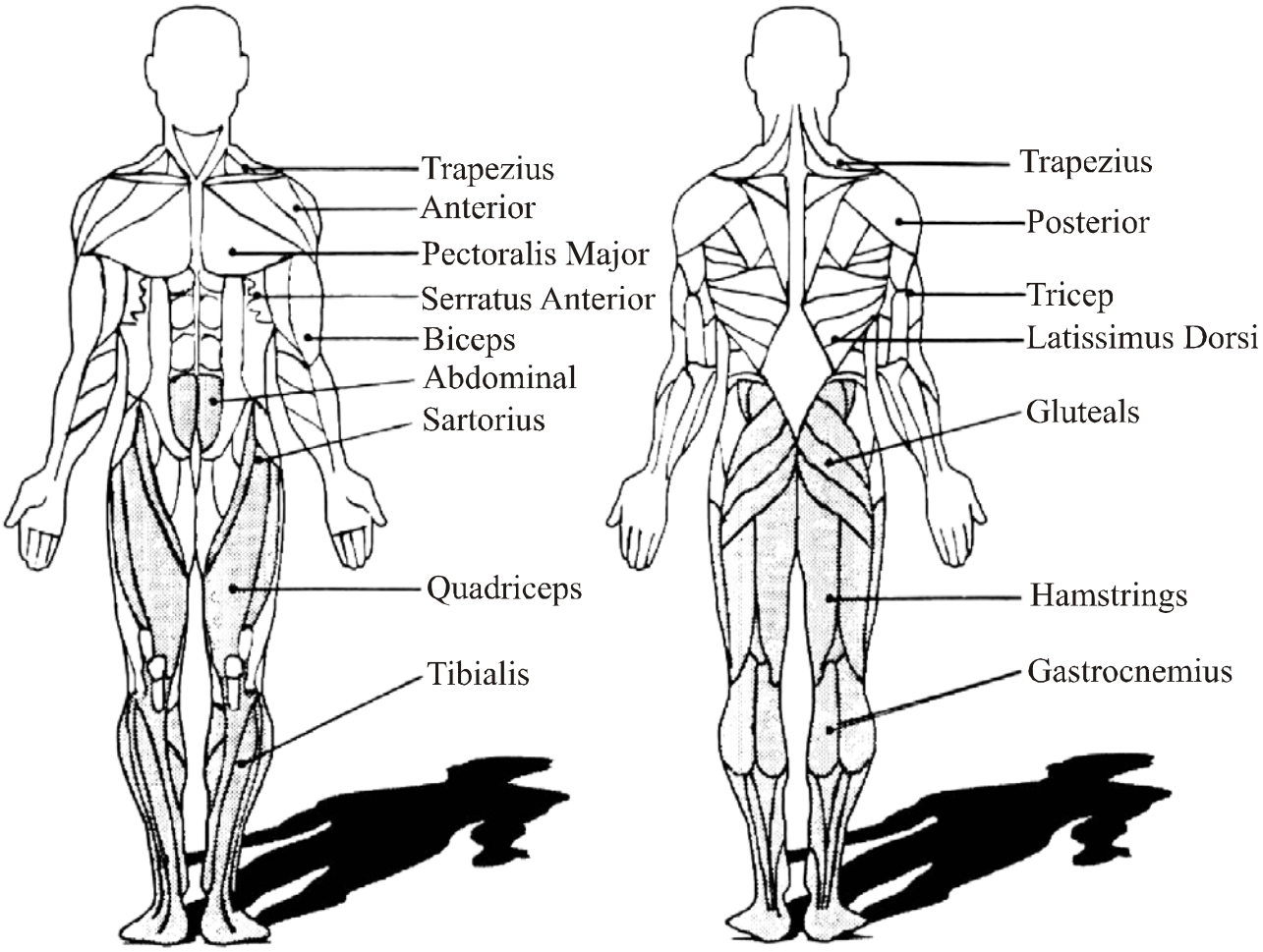
WEIGHT TRAINING

Along with aerobic exercising which helps get rid of and keep off the excess fat that our bodies can store, weight training is an essential part of the exercise routine process. Weight training helps tone, build and strengthen muscle. If you are working above your target zone, you may want to do a less amount of reps. And as always ,consult your physician before beginning any exercise program.

MUSCLE CHART

CYCLE

The exercise routine that is performed on the cycle will develop the lower body muscle group as well as condition the circulatory system and provide a good aerobic workout . These muscle groups are highlighted on the muscle chart below.



Quadriceps Stretch

With one hand against a wall for balance, reach behind you and pull your right foot up. Bring your heel as close to your buttocks as possible. Hold for 15 counts and repeat with left foot up.

Inner Thigh Stretch

Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close into your groin as possible. Gently push your knees towards the floor. Hold for 10 counts

Toe Touches

Slowly bend forward from your waist, letting you back and shoulders relax as you stretch toward your toes. Reach down as far as you can and hold for 15 counts.

Hamstring Stretches

Sit with your right leg extended. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts Relax and then repeat with left leg extended.